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Calgary metro



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Your essential daily news | TUESDAY, SEPTEMBER 27, 2016

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GETTY IMAGES

Man charged in Stampeder's shooting death

MARQUEE BEER MARKET

**Club where
Mylan Hicks
was killed on
police radar**



**Lucie
Edwardson**
Metro | Calgary

The Calgary police said despite a name change, the bar where Calgary Stampeder Mylan Hicks was gunned down over the weekend has been on police radar for years.

Insp. Don Coleman said the Marquee Beer Market, previously the Back Alley, continues to draw on police resources in that district.

"I know from having worked in that area in the past, and speaking with officers recently, there's lots of activity around that bar and it's patrolled very well by our membership," he said.

Calgary police have charged Nelson Tony Lugela, 19, of Calgary with second-degree murder in Hicks' death. Two other suspects have been released from custody pending further investigation, police said.

At about 2:30 a.m. Sunday, police responded to reports of gunshots outside the Marquee Beer Market, located on Macleod Trail SW, according to a Calgary Police Service news release.

Upon arrival, cops found Hicks had been shot. First responders then transported him to hospital in life-threatening condition, however, he later died as a result of his injuries.

Investigators believe a dispute occurred inside the nightclub between two groups of people. Police said the fight continued when both groups moved outside Marquee.

Coleman said police continue to investigate what caused the initial altercation inside, and said Hicks' role in the fight, if any, is unclear.

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Olympic bid irks councillor

COMMITTEE

Druh Farrell says money could be spent other ways



Helen Pike
Metro | Calgary

After giving the city the power to explore an Olympic bid, some councillors are reeling in the line with concerns over final say, conflict of interest and a detailed budget.

In June, council voted in favour of letting general manager of Community Services Kurt Hanson take the lead on the city's end of the Olympic bid exploration committee. On Monday, council looked critically at updated requests from the freshly appointed working group, about terms of reference details that caused some concern.

The bid exploration process was set up through a 50/50 share corporation between the City of Calgary and Calgary Tourism.

Having a corporation will keep the work at arm's length from council, and hopefully cut down on bureaucratic meetings.

But the ownership of the created corporation caused some worry from council.

"If we're the majority shareholder, we get to say what happens — and seeing as we're paying the dollars, we should



Coun. Druh Farrell and Mayor Naheed Nenshi have differing opinions on the Olympic bid exploration committee. METRO FILES

have the say," said Coun. Peter Demong. "I'm not even sure what the voting options would be, but unless we have control, I'm not particularly comfortable with it."

After debate, council decided to report back with legalities

concerning the corporation's ownership stakes in October, allowing Hanson to give the committee "reasonable funds" until an agreement is reached.

Coun. Druh Farrell, a staunch voice against making an Olympic bid, had some tough ques-



tions for the city about budgets, conflict of interest and any "off ramps" should the bid feasibility fail.

"These are all really good people, they're well known, respected in the community, but what we need is people

who will look at this with a very independent eye," said Farrell.

"There are many other ways to spend the billions of dollars this would cost, so, are we looking at that? I'm not convinced that we are with this particular committee."

BY THE NUMBERS

\$5M

The amount of cash Calgary will put forward to explore whether or not to invest in an Olympic bid for 2026.

\$2.7M

The approximate amount of cash it will take to make a "Master Hosting Plan"

17

Volunteers on the Olympic bid exploration board.

Farrell asked why there isn't an economist on the board, noting the economic benefit of events like the Olympics are often overblown. She said there are still a lot of questions, and no satisfactory answers.

Mayor Naheed Nenshi was quick to defend the appointed board of volunteers citing council's direction to put the process in Hanson's hands.

"Council had the chance to ask these questions last time around," said Nenshi. "I don't like when council goes back on previous recommendations because they may or may not like the decision the person was empowered to make."



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HERITAGE FUND

Province to invest \$100M

Alberta has announced close to \$100 million in investments as part of its stated goal to further diversify the provincial economy.

Economic Development Minister Deron Bilous says the money will be used to support job creation and innovation in the renewable energy and natural gas sectors.

He says almost \$46 million will go to TransAlta Renewables to expand developments in clean energy.

Another \$46 million will go to Calfrac Well Services to further environmental innovation in the oil and gas industry.

Pine Cliff Energy is getting \$6 million to consolidate natural gas assets.

The investments are made through the Alberta Investment Management Corporation, better known as AIMCo.

"In the short term, these investments are helping to protect and create jobs," said Bilous.

"They're also expected to provide a financial return to the fund that will contribute to the priority programs and services Albertans value."

A year ago, Premier Rachel Notley's government gave AIMCo a mandate to invest up to three per cent of the Heritage Fund, equivalent to about \$540 million, into Alberta companies with growth potential.

THE CANADIAN PRESS



Economic Development Minister Deron Bilous. METRO



Jack James students hold signs about dress code, right to education and respect in their protest against school administration.

LUCIE EDWARDSON/METRO

Students protest 'discrimination'

EDUCATION

Ongoing issues with school administration come to a head



Lucie Edwardson
Metro | Calgary

Dozens of students gathered outside of Jack James High School Monday morning, to protest several issues they said they're having with administration.

Students told Metro the issues include everything from an unfair dress code for girls, to a lack of respect when ad-

ministration is speaking or dealing with students. They said they will continue their protest until they're able to speak with school and board officials about their concerns.

"I want to stop the discrimination that we're experiencing," said Grade 12 student Caitlin Krause. "Administration doesn't deal with us respectfully and it's causing more problems."

CBE media relations were at the protest Monday, and said they had no further statement beyond what had been emailed Thursday, stating they were aware of the situation and that the school had been working with parents and students on a solution.

Students said the dress code at the school is also causing

problems, as rules that aren't in the student handbook are being enforced on girls, and not the male students.

"Taking a girl out of class to change because her shoulders are showing is telling us a guy's education is more important than ours," said Grade 12 student Christa Holden.

According to the students, when they presented a letter to school and board officials they were simply ignored.

But, later in the day following the protest, students said a voice message — which has also been posted online — was sent home thanking them for being respectful and asking parents to call in with concerns.

"We're committed to providing a safe and caring work

environment for students and I would like to hear from you about how we can improve," said the message from administration.

Parents also stood across the street from the school to support the protesting students.

One mother, who didn't want to be named, said the issues stem far beyond dress code infractions, and at the core of it is that the administration isn't dealing with the school's most vulnerable population in a productive manner.

"This school is mandated for troubled kids with behavioural issues," she said.

"They're being penalized for what the school is supposed to help them with — that's the real issue."

8 STREET SE

City looks at closure solutions



Helen Pike
Metro | Calgary

When one road closes, others crop up to take the brunt of traffic and community access — at least, that's what one councillor is hoping will happen after the city announced they would have to close down a vital link between communities.

On Thursday, Metro reported the city's transportation would be closing 8 Street SE permanently, at the will of an old clause held by CP Rail with no alternatives for that intersection in sight. But Coun. Gian-Carlo Carra said a replacement route on either 9 Street SE or 6 Street SE must be considered and a solution is needed before the closure.

"You can't have a mile between the 12 Street underpass, and the 4 Street underpass without connectivity considering the kind of densification we're talking about," said Carra.

He said the big conversation now is which option, 6 Street or 9 Street, will work to replace the at-grade crossing. Carra added the closure won't come into effect for years to come, but in the meantime citizens can remain engaged and voice concerns. "We have enough time between now and then to have an alternative lined up," he said.

The closure comes as City and CP rail discussions surrounding the Green Line come to a head. It's said the rail company had an age-old clause, allowing for the closure of 8 Street SE, if they wanted it — and now they do.

In studying the land surrounding what Carra said will soon become a pinch point as projects like the Green Line start, the city determined there was not enough room to create a feasible underpass at that location.



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While the rate at which kids are being offered help has dropped in the city, Alberta Health Services says more are being helped compared to last year. TORSTAR NEWS SERVICE

Child mental health care access rates dip

PUBLIC SERVICES

Factors include staff shortages, high demand



Jeremy Simes
For Metro | Calgary

Despite the growing number of kids seeking mental health help, Alberta Health Services says staff shortages have contributed to a significant drop in children being offered mental health care within 30 days.

Earlier this month, AHS released the first-quarter results from its 2016-17 performance measure report, showing 72 per cent of kids in the Calgary Zone were offered scheduled mental health services within 30 days.

That number represents a 14 percentage-point drop from last year's first-quarter rate of 86 per cent. AHS sets a target of 90 per

cent. But in the first quarter of 2016-17, AHS saw 606 new enrolments, a 15.6 per cent increase from 524 during the first quarter of 2015-16.

On Monday, Alberta Health Services' Avril Deegan, director with children mental health and addiction with a psychiatry program in the Calgary Zone, said AHS resolved staff shortages involving children's mental health.

But Rick Lundy, president of Minds over Matter Mental Health Society, said the report indicates resources are lacking.

"Mental health in children and youth are key because healthy children mean healthy adults. So we need to make sure the accessibility is there," he said.

CJ, who requested her name not be used, has navigated what many describe as Alberta's fragmented system when seeking mental health care for her young son. CJ said there was a lack of prevention services available before her son was hospitalized, adding she thinks the school

system is also strapped with the growing number of kids requiring mental health help.

Deegan said AHS doesn't have an ongoing issue with maintaining a solid level of staff, noting former staff were seeking other opportunities when they left. More families are finding out about AHS' programs, she added. "We're constantly looking for improvements to be responsive to the needs in our community," she said. "The mental health of our youth is very important to us."

"While the percentage of clients offered help may decrease, the number of clients helped has actually increased."

AHS has also implemented a new service in the Calgary Zone, where community mental health clinics provide followup service to emergency department and inpatient clients.

Deegan said that means patients are seeing doctors and therapists at the same time so that kids are receiving more inclusive care.

CITY NEWS

Third person charged in Sanderson homicide

Police have laid charges against a third person in the May homicide of a Calgary man.

Police have charged Justin Cecil Scott, 31, of Calgary with second-degree murder on Friday, in the death of Tyler Sanderson. Scott will next appear in court Oct. 11.

Police were called to a disturbance in the 5500 block of Maddock Drive NE at approximately 9:15 p.m., May 15.

When officers arrived they discovered a man in his 20s who had been seriously assaulted.

The victim, who has since been identified as Sanderson, was then transported to hospital where he died later from his injuries. METRO

Candidate steps forward for Calgary Midnapore

Former Common Sense Calgary executive director Stephanie Kusie is seeking nomination in former Conservative MP Jason Kenney's riding.

In a news release issued Monday, Kusie said she's eyeing the Conservative Party of Canada's nomination for the upcoming byelection in Calgary Midnapore, held by Kenney until he vacated it last week to pursue leadership for the Alberta Progressive Conservatives.

During her time with Common Sense Calgary, Kusie said she developed a number of municipal policy ideas helping convince council to freeze property taxes for 2017. She has served more than 10 years working for Canada's Department of Foreign Affairs, with postings in the U.S., Argentina and El Salvador.

METRO

VETERANS

Food hamper requests jump nearly 50%



Josie Lukey
For Metro | Calgary

In previous years, Joey Bleviss gave away an average of 80 food hampers to veterans and their dependents. But over the past several months, that amount has increased to more than 110.

According to Bleviss, CAO of the Calgary Poppy Fund, the economic downturn has increased the number of clients coming to the fund looking for help.

In an effort to kick off the

main campaigning season, Bleviss mailed 400,060 letters looking for donors.

Bleviss points to a wooden pallet half-filled with tomato soup cans.

"A couple of months ago, we had pallets full of this stuff," said Bleviss.

Each hamper has approximately \$400 worth of food in it, coupled with \$300 grocery cards for fresh fruits and meat that's estimated to last two months. Other items in the hamper include soup mixes, toiletry items and cleaning supplies.



Calgary Poppy Fund CAO Joey Bleviss. JOSIE LUKEY/FOR METRO

"We've been able to meet our demand, but this is the first time in 18 months we've literally had

to go out and buy items that we consider staple items," said Bleviss, who added Calgary has been a relatively generous city.

The fund also provides vets with electric scooters, walkers, bath benches as well as bursaries for educational and health requirements.

"I have a philosophy — if you are coming here for help, leave your pride outside. We're here to help. Tell us what the problem is, and let us try to help you," said Bleviss.

To donate to the Calgary Poppy Fund, call 403-265-6304.

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Fort Mac doc shows life just before the wildfire

FILM FESTIVAL

Limit is the Sky had to be reworked due to the blaze



Aaron Chatha
Metro | Calgary

Julia Ivanova's documentary, *Limit is the Sky*, has unintentionally become a time capsule of Fort McMurray before the fire that ravaged the city earlier this year.

She first finished the documentary, which premieres at the Calgary International Film Festival this week, just a month before the fires broke out in Northern Alberta.

She was painting a portrait of the type of people Fort McMurray attracted.

In her eyes, this was mainly young people chasing their fortunes.

"Those young people would go to Fort McMurray with the desire to work in the oilfields, because they wanted to achieve something," said Ivanova.

"Each of them had a bigger goal than just making money."

Many of her subjects didn't come from middle-class upbringings — meaning they couldn't rely on much financial support from their families.

Some were refugees from the Middle East and Africa.

Ivanova saw a city that was growing a colossal rate, in terms of population and development, with companies spreading deeper into the



Limit is the Sky followed young men and women chasing their fortunes in Fort McMurray. COURTESY NFB

oilfields.

But in it she saw a group of resilient people who learned to rely on themselves.

Then the fire happened. Ivanova said it changed the ending of her film.

Originally, she planned to end the documentary symbolically, with an explosion and

an empty town, to represent an unsustainable level of development.

"Only ravens stayed behind. That was the ending of the film I envisioned, before the fire," she said.

Of course, she went back and covered the events of the fire and how it affected

the town.

Of her subjects, only one returned to Fort McMurray, while the others moved on to seek their fortunes elsewhere.

Limit is the Sky plays on Wednesday at CIFF. For more information, visit www.calgaryfilm.com.



Each of them had a bigger goal than just making money.

Julia Ivanova

ACCOUNTABILITY

Council gets new ethics guidelines



Helen Pike
Metro | Calgary

Councillors now have a document to point to when it comes to door knocking and event going etiquette as the city ramps up towards the 2017 election.

Drafted by the city's ethics adviser, a set of guidelines with several election-related clauses will dictate how councillors act as they try to garner votes in the freshly drawn ward boundaries.

Although there were concerns over some of the clauses, especially getting permission from a councillor before attending private community events, the guidelines passed.

Ethics adviser Alice Woolley explained if a councillor is at a private event, and someone approaches them about a citywide concern, that's fair game.

Woolley noted if an issue came up that had to do with how a councillor is able to run their ward they need to know about it.

"It's not limiting anyone to do anything, it's a communicative function," said Woolley.



PRIVACY

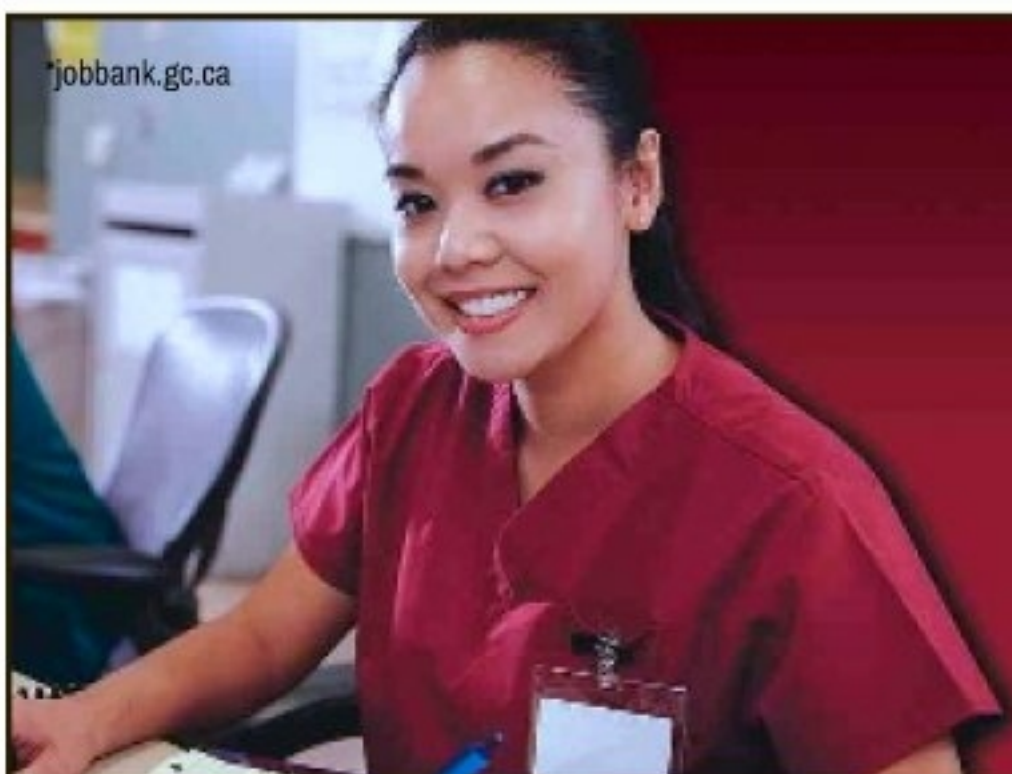
Patient files breached

Alberta Health Services says it is notifying just over 1,300 patients of a privacy breach after a former employee accessed their files. Another 11,500 people will be notified by mail that their demographic information was also viewed inappropriately by the same person.

The service says the files were accessed between January 2004 and July 2015 through the electronic health record system.

THE CANADIAN PRESS

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www.childrenshospital.ab.ca/birthday

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ROYAL VISIT FIRST NATIONS WELCOME WILL AND KATE Prince William, the Duke of Cambridge, and Kate, the Duchess of Cambridge, attend a welcoming ceremony at the Heiltsuk First Nation in Bella Bella, B.C., on Monday. DARRYL DYCK/THE CANADIAN PRESS

Professor 'free and out of Iran'

MIDDLE EAST

Canadian held for months in notorious Tehran prison

Retired Canadian-Iranian professor Homa Hoodfar has been released from an Iranian prison and is recovering with family in Oman, her friends and colleagues confirmed Monday, four months after her arrest that made headlines around the world.

Last March, shortly before she was to return to Canada after a trip to Iran, Hoodfar, 65, was detained and then released on bail but kept under house arrest. She was re-arrested and held in Tehran's Evin prison since June 6.

The exact reasons for her detention were never made public, but her family and colleagues have indicated she ran afoul of Iranian authorities due to her research on homosexuality and women's sexuality in the context of Muslim countries.

Until recently, Hoodfar taught anthropology and sociology at



Homa Hoodfar arrives in Oman after being released on Monday. THE CANADIAN PRESS

Montreal's Concordia University, where colleagues told a news conference they were overjoyed with her release.

Margie Mendell, a Concordia professor and close friend, said Hoodfar's niece Amanda Ghahremani was on hand to meet her in Oman — the first stop on her journey home.

"She's very frail, she looks extremely thin ... and very worn," Mendell said of a report she received. "I suspect that she's not in good health, but she's free and

out of Iran and she will get medical care and her medication."

Hoodfar suffers from a serious neurological condition and her family had said requests for a check-up by an independent specialist doctor while jailed were ignored.

"I'm really grateful to his majesty, Sultan Qaboos, for making this happen ... after so many months, so many days in prison," a soft-spoken Hoodfar told Omani state television.

THE CANADIAN PRESS



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Donald Trump began the debate in his sweet spot: jobs and trade. But he seemed to falter as the night proceeded, taking Clinton's bait on heated matters. DAVID GOLDMAN/THE ASSOCIATED PRESS

Trump vs. Clinton: Round 1

U.S. ELECTION

Republican stumbles after taking bait on heated issues

Measured versus agitated. Practiced versus improvisational. Mostly factual versus — frequently not even close.

If anyone in America still believed there is no real difference between Republican presidential candidate Donald Trump and his Democratic opponent Hillary Clinton, a dramatic and acrimonious first debate likely disabused them.

Hectoring and grimacing, Trump pressed a populist economic message that sought to portray Clinton as a do-nothing agent of a failed status quo. Clinton, smiling and quieter, painted Trump as a bigoted and dangerous charlatan with dark financial secrets and a long record of mistreating average people.

Trump began the debate in his sweet spot: jobs and trade. But he seemed to falter as the night proceeded, taking Clinton's bait on uncomfortable matters of race,



Our country is suffering because people like Secretary Clinton have made such bad decisions.

Donald Trump

gender and his business past.

And Trump delivered the only lines that may turn into damaging gaffes. When Clinton noted that he cheered for the housing crisis because it could present a money-making opportunity for himself, he said, "That's called business." And when Clinton pointed out that he paid no income tax in some years, he said, "That makes me smart."

Speaking in generalities as usual, the businessman dispensed with direct answers in favour of angry attacks on a former senator and secretary of state he said has no solutions for a country in crisis.

"Typical politician, all talk, no action, sounds good, doesn't work, never going to happen," he said at one point. "Our country is suffering because people like Secretary Clinton have made such bad decisions in terms of our jobs and in terms of what's going on."

Trump, though, refused to explain what he would do to bring

back the jobs he alleged that Clinton had chased away. ("First of all, you don't let the companies leave," he said when pressed.) And he struggled to explain the most damaging parts of his history, regularly resorting to lies when challenged by Clinton and moderator Lester Holt.

The biggest whopper: his repeated claim that he opposed the war in Iraq, which he supported until 17 months after the invasion.

Among other things, he also falsely claimed that New York has seen more murders since the city ended its stop-and-frisk police search program, that stop-and-frisk was not ruled unconstitutional, that he did not press the issue of President Barack Obama's birthplace after 2011, and that he never suggested he could renegotiate the country's debt, and that he has called climate change a Chinese hoax.

The debate arrived as Clinton's

once-formidable lead in national polls evaporated into a tiny edge averaging between one and two percentage points amid deep concerns about her honesty. Perhaps more troubling for her, polls in two of the most critical states, Colorado and Pennsylvania, have also tightened considerably.

Clinton, who appeared to grow stronger as the 90-minute clash unfolded, launched her sharpest attacks on three of Trump's chief vulnerabilities: his refusal to release his tax returns, his record of sexist remarks, and his spotty record in dealing with and talking about racial minorities.

"You've got to ask yourself, why won't he release his tax returns? And I think there may be a couple of reasons. First, maybe he's not as rich as he says he is. Second, maybe he's not as charitable as he claims to be," she said.

Trump insisted, as usual, that he has been "under a routine audit" for years, a claim the U.S. tax authority has suggested is unlikely.

The debate, held at Hofstra University on Long Island, was merely the first of three. But the audience was expected to be the biggest for this one — and some



Why not? Just join the debate by saying more crazy things.

Hillary Clinton

analysts thought it might hit 100 million people — and strategists believed it would be the most important. David Plouffe, Barack Obama's 2008 campaign manager, told the Washington Post that it was "75 per cent of the rest of the campaign."

Clinton's allies had feared that pundits would give her bombastic rival undue credit for showing a modicum of politeness and decorum. They needed not worry. The Trump who showed up in New York was the combative one who shows up at raucous rallies — a man with little regard for traditional conventions, prepared zingers, or the message discipline preferred by political professionals.

Clinton, who is almost as widely disliked as he is, adopted a far gentler strategy. Listening politely, she broke into a practised smile at the end of several of Trump's rants.

"Why not," she said at one point. "Just join the debate by saying more crazy things."

Clinton depicted herself as a

steady hand who could, unlike Trump, be trusted with nuclear weapons. She suggested his policies and temperament could produce a war with Iran and a nuclear war in Asia.

"I think Donald just criticized me for preparing for this debate," she said after he criticized her for not joining him on recent trips. "And yes, I did. And you know what else I prepared for? I prepared to be president. And I think that's a good thing."

Among their sharpest exchanges came on the subject of Trump's years of advocating the "birther" conspiracy about Obama. Trump, pressed on the matter for the first time since he acknowledged without explanation that Obama was born in America, claimed he did "a great job and a great service, not only for the country, but even for the president in getting him to produce his birth certificate."

Clinton's response began: "Just listen to what you heard."

TORSTAR NEWS SERVICE



Hillary Clinton adopted a gentler strategy. Listening politely, she broke into a practised smile at the end of Trump's rants. DAVID GOLDMAN/THE ASSOCIATED PRESS

HALLOWEEN

Home Depot pulls peeping Tom decor

Home Depot Canada says it has pulled a Halloween window decoration that mimics a peeping Tom from its stores after a complaint from a customer.

The home-renovation chain says it took "immediate action" to remove the Scary Peeper Creeper from shelves after a customer raised concerns.

The CBC reports that a woman complained the decoration — which is attached to a window and looks like a man peering inside — makes light of a real

and legitimate threat to women's safety.

Home Depot Canada says it reached out to the person who made the complaint and apologized, adding the product is not in line with the company's "core values." The item no longer appeared on the store's website Monday morning but was listed at \$29.98 on the company's American site.

It looks like the head and hands of a hooded man pressed against the window.

THE CANADIAN PRESS

IN BRIEF

Shomi shutting down

Shomi says it is shutting down as of Nov. 30 after two years in operation. The web streaming service attributed the decision to a business climate and online video marketplace that has changed markedly in recent years.

THE CANADIAN PRESS

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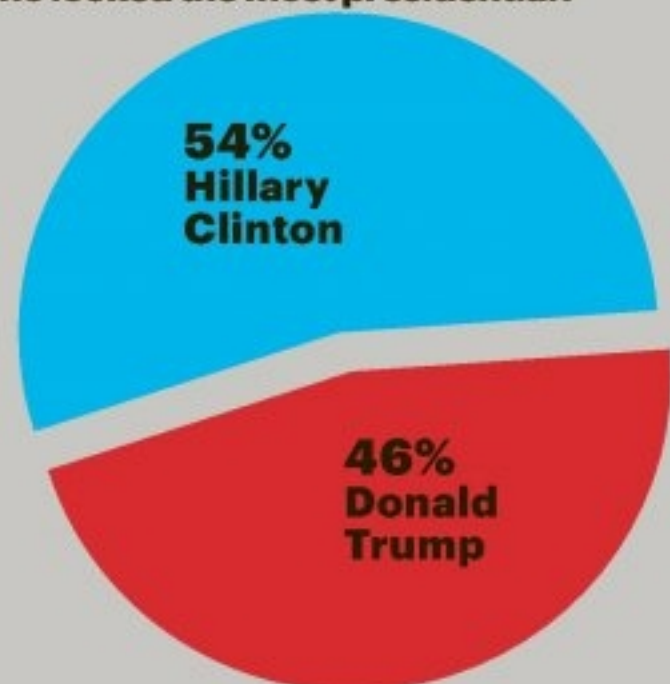


METRO POLL

Clinton vs. Trump, Round 1 scorecard

In the blue corner was Democrat Hillary Clinton. In the red corner, Republican Donald Trump. Tuesday night's debate, the first of the two for the U.S. presidential candidates, was an event with the highest possible stakes, given that projected TV ratings were at Super Bowl levels, and pre-debate national polls showed the candidates to be essentially tied. We asked our readers to submit their scorecards.

1 Who looked the most presidential?



2 Did anything you heard change your mind?

88% No. "Trump is awful. Hillary knows her stuff."
12% Yes. "I was a Hillary fan but agree with Trump."

3 What were the best lines?

I take advantage of the laws



Trumped-up trickle-down economics

I will release my tax returns when she releases her 33,000 deleted emails



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ROSEMARY WESTWOOD

Last night an adult debated a child — and it wasn't even close

There was only one adult on the debate stage last night.

And she absolutely slayed.

Hillary Clinton did what so many of her critics deemed impossible: She led the debate, she kept her calm, she even looked like she was enjoying herself — no easy feat, if you believe the media's construct of Clinton's demeanour. Clinton also happened to make sense: An obvious added bonus.

Trump... not so much. He interrupted and talked over Clinton as he pleased, pouncing with a single declarative ("Wrong!" "Facts!" "Not!") at every attack, but was so long-winded and digressive during his own time as to be unquotable on any policy point at all. (He proved "semi-exact," to quote one Trumpism that will endure.) He was always following, gripping, the younger child desperately trying to keep up.

Clinton? She laughed, she smiled, she replied to Trump with the eloquence of a competent leader. And she had the better zingers. "Just listen to what you heard," she quipped.

And we were, giddily. At the bar I was in — packed to the gills with bartenders so overworked I could smell them — we were eating it up. There were jeers and cheers. All the buzz you'd expect from a spectator sport.

And yes, there's an entertainment value to debates.

But as a Canadian, safely watching from this side of the 49th, it's easy to forget that this is not just reality TV.

An angry ex-pat American (and Trump sympathizer) once wrote to tell me how egregious she considered Canadian coverage of the American election.

We're all in cahoots to offer "ridiculously slanted and blatantly biased" coverage, she wrote, obsessed with "chronic musings and snide perspectives about a race that (we) cannot even participate in."

If by "biased" she means able to view Trump as an objectively horrific choice for president — guilty as charged. But it is true, undeniably, that this is not our race. We have (economic, cultural, political) skin in the game, but not every limb and bone. Not the heart. This isn't our imagined family tearing itself apart. We are cousins at a distance. This is not our kitchen table.

Now that the election approaches the boiling point, now that polls track the rising Trumpian wave, now that a man in Georgia is talking on NPR about joining a militia in case there's a civil war — now's the time to remember this: We are the spectators.

But this game? It's real. And, thank God, Clinton looks like a winner.

Why Fitbit might not go the way of Thighmaster



Emma Teitel

Every generation follows a fitness and diet fad as unique and silly as its haircuts.

Historians date the so-called grapefruit diet back to the 1930s.

According to an issue of Cosmopolitan published in November 1976, the best way to lose 10 pounds in 10 days is to drink as much black coffee and low-calorie soda as you like, and eat a single boiled egg for breakfast.

The '90s saw the Bowflex and the rejection of carbohydrates. The 2000s, an embrace of all things gluten-free.

Today: fitness wearables.

In case you're unfamiliar with the trend that makes its followers look like joggers on the USS Enterprise, fitness wearables are technology a person literally wears — usually on her arm or her wrist

— in order to progress in the gym or on the go.

The devices tell you how many steps you've taken in a day, how many calories you've burned, and of course, how many calories you ought to burn.

Some of the devices, such as the Fitbit, even have a function that "reminds" the wearer to move, buzzing or beeping when he or she has been sitting in the same place for an extended period of time.

But like all health fads throughout history, the fitness wearable has come under some major scrutiny of late.

This is thanks to a new study that suggests that the technology does not, contrary to common belief, help the people wearing it lose weight; that in fact, people who wear the devices lose less weight than those who don't.

The study, published last week in the Journal of the

American Medical Association, monitored the physical activity and weight of more than 400 young adults over a two-year period and concluded that weight loss was "significantly less" (by 2.4 kg) among those who wore the devices. Both groups — those who wore the devices and those who didn't, exercised regularly.

John M. Jakicic, a researcher who worked on the study and a professor at the University of Pittsburgh, believes there are a few reasons for this.

For starters, he says, fitness trackers might promote exercise but they do not directly promote a healthy diet, a key factor in weight loss.

But Jakicic's most convincing suggestion is that they can be demoralizing. "The device," he says, "is basically built on the idea that if I show you how much activity you're supposed to do, and if you're short on that goal, it will prompt you to get up and go."

The technology, Jakicic suggests, might do the opposite.

After all, trying to get a workout in early in the morning or after a hard day at the office is daunting enough on its own. Now imagine you've got a robot on your arm that tells you when you're short on your recommended 10,000 daily steps, and vibrates every time you take a snooze.

And yet it's hard to imagine a modern world in which this kind of self-tracking technology isn't present in our fitness routines, because it is present pretty much everywhere else.

It's difficult for a lot of people, myself included, to conceive of an event or task having taken place at all, if it hasn't been digitally recorded.

So while fitness wearables may not turn us into Adonises, our digital subservience ensures they'll outlive us all.

Emma Teitel is a national columnist for the Toronto Star.

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Your memory can be hacked

INTERVIEW

Researcher's book reveals the flaws in our recollections

Stop for a moment and think about your first job interview. Can you remember it? Now, try to remember your first day of kindergarten. Or where you were on 9/11. Or the day of your wedding.

Those thoughts, those memories, popping into your head — they're probably flawed. And you might've even made some of them up.

So says Julia Shaw, a Canadian researcher and "memory hacker."

As a forensic psychologist and memory expert, Shaw is capable of creating false memories in the minds of average people about events that never actually happened, be it that they committed a terrible crime or were attacked by a dog. Horrifying? Yup. Totally fascinating? That too.

"Normally, you do this unintentionally," Shaw tells me. "You're talking to family and friends, sharing memories, picking up details. But researchers like me, we hijack that process."

Shaw is promoting her new book, *The Memory Illusion*, which explores the science behind false memories, self-deception and how our memory system really works. Your brain is "incredibly malleable and adaptive," according to Shaw, a senior lecturer in criminology at London South Bank University.

Neurons — cells in our brain



Psychologist Dr. Julia Shaw, author of *The Memory Illusion* says that the neural plasticity of our brains is the reason we're able to form memories but it also means we're capable of making memory mistakes. TORSTAR NEWS SERVICE

— connect with one another to develop meaningful networks, which change according to our experiences, Shaw writes.

She likens it to a Wikipedia page, where you can modify things — and so can other people. "It's fluid, with all sorts of inputs, where memories can be readily deleted," Shaw says.

Imagine being at a dinner party where friends are all recounting a high school memory. Everyone offers a tidbit, which reshapes your recollection of the event — and, in the end, it's

impossible to know which parts are your memories or those of other people, and if certain parts of the story even happened at all.

Our attention span also comes into play in memory formation, since we can only truly focus on one thing at a time, Shaw notes. It's like what happens at speed dating or a networking event: Despite your best efforts, you're likely going to forget people's names as your brain filters through information about their appearance, their voice, their personality.

"We often don't process someone's name because we're so busy processing them as a whole," says Shaw.

The "neural plasticity" of our brains is the reason we're able to form memories, but it also means we're capable of these memory mistakes. And there's where memory hacking comes in.

"I get people to confuse their imagination with their memory, by getting them to repeatedly picture an event happening, and adding multi-sensory details like

what they're hearing, seeing, smelling, tasting," Shaw tells me. "Over time, that can become indistinguishable in the brain from a real memory."

In other words: Shaw can make you truly believe you did something that never actually happened. Think you wouldn't be fooled? Don't bet on it. In Shaw's research, 70 per cent of individuals were classified as having these false memories.

Her work, and that of other researchers in the memory field, offers a wake-up call to the jus-

+ MIND GAMES

Weird works: "Research shows that, from a memory perspective, weirdness sticks," Shaw writes. In other words: Unexpected components make for memorable pieces of information. Consider the statement 'don't think about pink elephants,' Shaw suggests. It's weird and unexpected, and it'll probably stick it your head.

Master mnemonics: Mnemonics means the study and development of systems for improving and assisting memory. Remember those childhood phrases like 'Never Eat Soggy Weiners' or 'Never Eat Shredded Wheat'? They both act as quirky and memorable ways to remember the directions of north, east, south, and west.

tice system, highlighting how law enforcement agencies can be capable of eliciting false confessions.

But Shaw's ultimate message isn't one of fear. Our brains are wired this way for a reason, and false memories are just the byproduct of how our malleable minds work. "Our reality is a personal construction, and the flexibility of our memories allows us to learn, update information and make connections. Without that, we would have nothing," Shaw says. TORSTAR NEWS SERVICE

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THERE'S AN UPSIDE TO MORNING SICKNESS

It's dreaded by moms-to-be but morning sickness is actually a good sign for the baby, a U.S. government study shows, confirming common pregnancy lore and less rigorous research. Led by Stefanie Hinkle, a researcher at the National Institute of Child Health and Human Development, the study involved almost 800 women. They were asked to record symptoms in daily diaries for the first eight weeks of pregnancy.

THE NUMBERS

Of the nearly 800 women in the study, 443 completed daily diaries, and just over half of them reported nausea by the eighth week of pregnancy, also similar to national estimates. About one in four had nausea and vomiting. The researchers then used statistical analyses to calculate that nausea alone, or nausea with vomiting, was linked with a 50 per cent to 75 per cent reduction in the risk of pregnancy loss.

STUDY STRENGTHS

Unlike some previous studies, the new research had data on women even before they became pregnant, so they were able to include miscarriages that occurred soon after conception.

THE REASONS

Causes of morning sickness are uncertain, but it has been linked with high hormone levels that occur early in pregnancy. How it might reduce chances for miscarriages is also uncertain. Theories include the idea that nausea could make women avoid potentially harmful substances.

THE BOTTOM LINE

Hinkle said the results should be reassuring to women concerned that morning sickness could be harmful — and unaffected women shouldn't be alarmed. "Every pregnancy is different and just because they don't have symptoms doesn't mean they're going to have a pregnancy loss," Hinkle said.

THE ASSOCIATED PRESS



ISTOCK

WHOOPING COUGH

Kids' vaccine wanes for whooping cough: Study

The current vaccine for pertussis, or whooping cough, is highly effective during the first three years after children get their shots, but immunity wanes over the next several years, leaving little protection from the disease, researchers say.

In an Ontario study published Monday in the Canadian Medical Association Journal, researchers found that immunity begins waning about four years following the last scheduled childhood immunization or booster shot given to an adolescent or adult. Within a few more years, the vaccine's effectiveness has diminished significantly.

"The protection that the vaccine gives is very good in the first couple of years after the immunization is given," said Dr. Natasha Crowcroft, chief of applied immunization research for Public Health Ontario. "So it's good news for protecting babies."

"But that protection, it fades pretty quickly. So by the time you're at seven or eight years (out), you've got very little protection left."

Researchers found the odds

of contracting whooping cough following vaccination increased by 27 per cent each year, although the overall risk remained small.

Whooping cough is a highly contagious bacterial infection that affects the respiratory tract and is often marked by a severe hacking cough, followed by a high-pitched intake of breath that sounds like a "whoop." Some infants may not cough, but may struggle to breathe or even temporarily stop breathing.

Pertussis is particularly dangerous for babies and can lead to hospitalization and, in rare cases, death.

Before the introduction of Canada's public pertussis vaccine program, annual incidence of the disease averaged 156 cases per 100,000 people. Since the vaccination program came into effect, the number of new cases has ranged from two per 100,000 in 2011 to 13.9 cases per 100,000 in 2012.

Most cases occur in under-immunized populations, often among those in which parents oppose vaccination, usually on philosophical or religious grounds. THE CANADIAN PRESS

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Bringing back Mad Men-style boozing

DRINKS: A USER'S GUIDE

Connoisseur is rolling out a 'primer for drinking well'

Adam McDowell wants you to drink as your grandparents did. Embrace cocktails, talk about bitters and get fluent with the finer points of tequila.

Lap up the institutional drinking knowledge that's been lost over the past decades when North Americans regarded drinking as unhealthy, sacrilegious and sad, says the drinks writer and booze expert with CTV's *The Social*, whose new book, *Drinks: A User's Guide* came out last week.

"Some time between the Mad Men era (1960s) and the '80s, it was decided that alcohol was unhealthy," said McDowell, noting that while it was long known alcoholism was unhealthy, even casual boozers started adopting less alcoholic options, such as wine spritzers in the 1980s, when alcoholic consumption per capita started falling.

"Adding to (that were) puri-

tanical ideas that were already on the ground in North America — Protestant ideas about altered states of consciousness being sinful or shameful. You put that all together and it became this idea that someone who drank booze was ... Norm on Cheers. It was this sad, pathetic person."

But now, we're at a tipping point: drinking creative drinks is en vogue again.

"If you came to a hotel bar 10 years ago, five years ago, they wouldn't have said, 'What kind of gin do you want in your tonic?'" McDowell said during a sit-down interview at the Royal York Hotel's Library Bar in Toronto where he ordered a Perfect Martinez — a mix of Angostura bitters, Botanist Islay Dry Gin, Cointreau, sweet red vermouth, dry vermouth with a lemon twist. I ordered a gin and tonic made with Botanist gin.

"Part of that has been fuelled by the cocktail resurgence in the United States, starting in New York and New Orleans, which started a decade ago," he said. "That has spread in a really healthy way to Canada."

Through *Drinks: A User's Guide*, he hopes to educate



Adam McDowell is the author of the new book *Drinks: A user's guide*. RENE JOHNSTON/TORONTO STAR

those who imbibe, by sharing trade secrets (stick to drinking spirits at weddings — he finds the wine is almost always bad), fun facts about alcohol's history, such as gin's origins as medicine, basic dos and don'ts of drinking, and cocktail recipes including his favourite mojito. He considers his book

"a primer for drinking well, every day" and hopes readers get comfortable talking about, experimenting with and indulging in alcohol.

"I do think people are a little embarrassed to talk about alcohol ... you don't have to behave as if someone's doing something wrong or risqué by

having a drink."

Two final questions for Adam McDowell:

What's your go-to drink?

I don't have one. I'm actually pretty against the idea of a go-to drink. People have a go-to drink and then they go to the same things over and

You don't have to behave as if someone's doing something wrong or risqué by having a drink.
Adam McDowell

over again.

There are certainly reliable drinks: gin and tonic is one of them; Manhattan is a good cocktail; hard to go wrong with pale ale.

What do people say when they find out you're a booze expert?

People start apologizing for what they're drinking. They say, "Oh, I don't know anything about wine or beer. I'm not sophisticated."

It's strange because I don't think anyone does that with food. I don't say, "Oh, I wouldn't dare order fish as a restaurant, I don't know anything about fish." I don't know why drinks have this (mystery) around it. TORSTAR NEWS SERVICE



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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Tackling some uneasy generational feelings

THE SHOW: *Easy*, Season 1, Episode 8 (Netflix)**THE MOMENT:** The big question

Two brothers who run an illegal garage brewery visit a sleek brewery/bar. "Tell me you couldn't see us in a place like this," says Matt (Evan Jonigkeit), the older, more settled brother.

"This place is cool, yes," replies Jeff (Dave Franco), the freer spirit. "I get it for you. You have a boring job that you hate." But, Jeff continues, he loves his simpler life, his outlaw brewery, the time he spends with his girlfriend. Why give that up to "work more and stress more?"

"If you try to stay in the same place, everyone around you is going to change," Matt counters, "and everything you think is cool isn't going to be cool."

With this omnibus series, set in hipster Chicago, creator and Mumblecore alum Joe Swanberg (Hannah Takes the Stairs) establishes himself alongside Lena Dunham as a voice of a generation: here, it's millennials poised

Evan Jonigkeit in Netflix show *Easy*. CONTRIBUTED

between late 20s and early 30s, between cool jobs (almost everyone is an artist, actor, writer or artisanal foodie) and starting families. In other words, between authenticity and selling out.

Swanberg has matured into a serious talent. He's peopled his cast with just the right blend of (effortlessly diverse) comedians, models, artists and musicians — some playing themselves — to

create a vibe. Although each episode is different, each asks a version of exactly the right question for this moment: Can you decide to become a different person, and does that have to be a bad thing?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

LITERARY AWARDS

Women dominate Giller short list

Women dominate the 2016 Scotiabank Giller Prize short list, announced Monday morning at a reception at the Art Gallery of Ontario hosted by CBC Radio's Matt Galloway.

Of the six finalists, five are women with Gary Barwin, author of *Yiddish for Pirates*, the sole male finalist for the prestigious prize.

There's an extra nominee from the usual five; jury chair Lawrence Hill told *Torstar News Service* he and the other jurors "just felt that five wasn't enough to contain our enthusiasm so we spilled over to six."

The shortlisted nominees were culled from the 12-author long list announced on Sept. 7. Those, in turn, were chosen from a field of 161 titles submitted by 69 publisher imprints.

The six writers competing for the \$100,000 grand prize are:

Mona Awad for her debut novel *13 Ways of Looking at a Fat Girl* (Penguin Canada), her exploration of body image issues. This title won the Amazon.ca First Novel Award in May.

Gary Barwin for *Yiddish for Pirates* (Random House Canada), a pirate's tale narrated by a 500-year-old parrot that is a riotous play with language. Bar-



Madeleine Thien is on the short list for the Giller Prize.

THE CANADIAN PRESS/HO-RANDOM HOUSE OF CANADA-BABAK SALARI

win's been writing poetry, short fiction and children's books for years, but this is his first novel.

Emma Donoghue for *The Wonder* (HarperCollins Publishers), set in Ireland, about a girl who continues to live despite an extended fast. It looks at faith, religion and the power it holds.

Catherine Leroux, *The Party Wall* (Biblioasis International Translation Series, translated by Lazer Lederhendler), a novel made up of stories that explore the things that bind people together.

+ BOOKMARKED

The winner will be announced at a gala in Toronto to be aired live on CBC on Monday, Nov. 7 at 9 p.m. in a broadcast to be hosted by comedian Steve Patterson.

The prize for the winner is \$100,000, while each finalist receives \$10,000.

Madeleine Thien, *Do Not Say We Have Nothing* (Alfred A. Knopf), an epic novel that chronicles the tragedy of revolutionary and communist China. This book has also been shortlisted for the Man Booker Prize. This is her first appearance on the Giller list and, surprisingly, given the strength of her reputation, on any of the major Canadian prize lists.

Zoe Whittall, *The Best Kind of People* (House of Anansi Press), which examines rape culture and the effect on a family and community when one of its members is accused of sexual assault. Hill, as he announced it as one of the finalists, called it "urgent and timely, nuanced and brave." *TORSTAR NEWS SERVICE*

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Hicks remembered as polite young man

CFL Second-degree murder charge laid in death of Stampede DB

Mylan Hicks was a football coach's dream.

Blessed with speed and athleticism to dazzle on the field, he also had the humility to accept criticism and coaching. And he always did it with a smile, according to his former high school coach.

"He was a very caring young man, very, very friendly," Antonio Watts said Monday, a day after the Stampede rookie was shot and killed outside a Calgary nightclub. "Even on the field when there'd be those times when players could get heated, he'd never lose his temper."

Nelson Tony Lugela, 19, was charged Monday with second-degree murder in the death of the 23-year-old Hicks.

Hicks was in his first CFL season and on Calgary's practice roster. He was celebrating with teammates following a 36-34 home win over the Winnipeg Blue Bombers on Saturday, the Stampede's 10th straight victory that improved their league-best record to 11-1-1.

Hicks played four seasons under Watts at Detroit's Renaissance High School, starring both at running back and in



Mylan Hicks in action for the Stampede during a pre-season tilt against the Eskimos.

JEFF MCINTOSH/THE CANADIAN PRESS

the secondary. But Hicks also excelled in the classroom as Watts said students must not only write an entrance test to enrol but also maintain solid grades to stay at the school.

"Mylan was much more than just a football player," Watts said. "He graduated with over a 3.0 grade-point average and never



Mylan Hicks
THE ASSOCIATED PRESS

got into any trouble at any time. "Some of the teachers who are here and some who've actually left the school have called me saying Mylan was one of their favourites. He was very well loved and never any problem."

That's why Watts, a math teacher at Renaissance, has trouble believing Hicks was part of an altercation at the Calgary club. Police say several people were involved in an incident inside the club and that it escalated in the parking lot. They say they don't know if Hicks was targeted.

"He was never that type of

young man," Watts said. "He was always respectful, always polite ... he was always happy, that was just him."

Following a stellar career at Renaissance, Hicks attended Michigan State University on a scholarship and played cornerback, safety and linebacker. After graduating with his bachelor's degree in psychology, Hicks signed as an undrafted free agent with the NFL's San Francisco 49ers in 2015.

He was released before training camp ended then signed with Calgary in May. THE CANADIAN PRESS

NBA

Raps high on using status for change

The Toronto Raptors plan to join the growing chorus of pro athletes speaking out against police brutality, a topic that has hit close to home for DeMar DeRozan.

"I had a close friend of mine a couple of weeks ago that was murdered by the police, shot 17 times," the star guard said Monday at the team's media day prior to the start of training camp. "It was something I haven't spoke out about, it was more so of just understanding what's going on in our society and how much I can help."

San Francisco 49ers quarterback Colin Kaepernick refused

to stand for the Star-Spangled Banner in protest of police shootings and racial inequality in the United States, and his action has spread not only across the NFL, but to NCAA football and the WNBA.

And now, the NBA — in which 75 per cent of players are black — will surely see some players follow suit when the season tips off next month.

The Raptors say they're all for using their high-profile platform to press for change, but didn't offer specifics of how they would do that, including whether they would refuse to stand during the anthem. THE CANADIAN PRESS

All I tell our guys is to be informed ... and do it from the heart.

Coach Dwane Casey on potential protests



MLB MARLINS MOURN FERNANDEZ Marlins hitting coach Barry Bonds, left, hugs an emotional Dee Gordon after he hit a home run against the New York Mets on Monday in Miami. All of the Marlins wore No. 16, a day after ace pitcher Jose Fernandez's fatal boating accident. LYNNE SLADKY/THE ASSOCIATED PRESS

HOCKEY

Marchand scores big contract with Bruins

Brad Marchand wasn't among the first 16 players named to Canada's World Cup of Hockey roster because the team's brass wanted to avoid a controversy.

Even though everyone involved in the selection process had Marchand on their initial lists, Canada's decision-makers knew that nobody would be surprised by his omission. Excluding a player with more star power might have caused an unnecessary controversy, so Team Canada's brass opted to wait until late May to name Marchand to the roster.

"We knew it wasn't going to

be a big story if Brad wasn't on the (first) list and we knew he was going to make the team," said Canadian general manager Doug Armstrong. "But to remove one of those (other) 16 you're sort of creating something that doesn't need to be created. But he was on everyone's roster right from the get-go."

Marchand has been the most pleasant surprise for Canada at the World Cup, a seamless fit alongside Sidney Crosby and Patrice Bergeron on the team's top line. The 28-year-old Hammonds Plains native, who signed an eight-year, \$49-million US deal



Brad Marchand GETTY IMAGES

with the Boston Bruins on Monday morning, has rung up five points, including a pair of key

goals in a semifinal win against Russia over the weekend.

Posting a career-high 37 goals and 60 points last season for the Bruins, Marchand didn't want to discuss his new contract ahead of the best-of-three final with Europe, preferring to keep the focus on Canada and their quest for a title.

"It's a place that I'm very excited about being for the next number of years and potentially my whole career," Marchand said of Boston. "But right now I'm here and I want the focus to be here. This is where I'm at."

THE CANADIAN PRESS

IN BRIEF

Seahawks QB recovering well from knee injury: Coach
Seattle Seahawks quarterback Russell Wilson has a sprained MCL in his left knee and coach Pete Carroll raised the possibility on Monday of Wilson missing the Week 4 game against the New York Jets.

Carroll said during his weekly radio show on KIRO-AM on Monday morning that Wilson "feels great" and that his recovery is already going "exceedingly well."

THE ASSOCIATED PRESS

FIFA's choice to end racism task force puzzles critics

FIFA's abolition of its anti-racism task force was denounced as a shameful betrayal on Monday as the governing body went on the defensive to reaffirm its commitment to fighting discrimination.

Kick It Out, English soccer's anti-discrimination organization, said it was "perplexed" by FIFA's decision, given the World Cup is being staged in 2018 in Russia "which is notorious for racism."

THE ASSOCIATED PRESS

Siemian filling in seamlessly as No. 1

NFL

Last year's third stringer has Super Bowl champs rolling

There won't be any griping from Trevor Siemian's critics this week, Emmanuel Sanders and Demaryius Thomas included.

In leading Denver (3-0) to a 29-17 win at Cincinnati on Sunday, Siemian became the first quarterback in NFL history to throw for 300 yards and four touchdowns without an interception in his first road start.

When coach Gary Kubiak

awarded him a game ball in the jubilant locker room at Paul Brown Stadium afterward, Siemian's teammates acted like they'd just won the lottery.

"That's just the type of team that we got, just wild, crazy guys," said Von Miller, who's sure this was just the first of many accolades coming Siemian's way.

"He's just got that aura about him," Miller suggested. "If you would have told me three years ago after Peyton, it was going to be Trevor and he was going to be this good, I don't think anybody else could have pre-

dicted that. It just shows you the type of work that he put in, the type of guy that he is."

An afterthought in college, where he only started one full season at Northwestern, Siemian was a seventh-round pick in 2015 and the forgotten man behind the Peyton Manning and Brock Osweiler drama during the Broncos' Super

Bowl season.

Even when Manning retired and Osweiler bolted in free agency, Siemian found himself behind journeyman Mark Sanchez, whom he promptly

beat out this summer.

Any notion that he was keeping the seat warm for first-round draft pick Paxton Lynch fizzled with his play Sunday. It was his second fourth-quarter comeback in three weeks.

Siemian was 8 for 9 for 148 yards and two touchdowns after the Broncos fell behind 17-16 on Mike Nugent's 34-yard field goal early in the fourth quarter.

"He's got that elite type of feel about him, the same feel that Peyton had about him," Miller said. "He's still got a long way to go. But I believe in him. I believe in Trevor all the way. He just makes all the right decisions. He's got a strong arm. I believe in him."

THE ASSOCIATED PRESS



Trevor Siemian and the defending Super Bowl champion Broncos improved to 3-0 on Sunday. JOHN GRIESHP/GETTY IMAGES

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MLB

Ninth-inning heat gets to Jays' Grilli

The New York Yankees rallied with five runs in the ninth inning and then hung on to avoid a four-game sweep as they beat the Toronto Blue Jays 7-5 Monday on an wild evening that saw three hit batsmen, four ejections and the benches empty twice.

For the second night in a row, the game turned in the late innings.

New York's Mark Teixeira tied the game with a one-out solo homer deep to right field off Jason Grilli (7-6), who got the nod with closer Roberto Osuna needing rest. After Didi Gregorius singled, Aaron Hicks went deep to right for a 5-3 lead. Jacoby Ellsbury's RBI single and Gary Sanchez's sacrifice fly off Danny Barnes added to the Jays' pain as the Yankees sent eight men to the plate.

New York had cut the lead to 3-2 in the eighth on Ellsbury's RBI single.

Trailing 7-3, the Jays went to work in their half of the ninth.

Helped by two walks, an error

MONDAY In Toronto

7 **5**
YANKEES BLUE JAYS

and wild pitch, Toronto loaded the bases with no outs in the bottom of the ninth. And six-foot-eight closer Dellin Betances almost made it four hit batsmen, just missing Darwin Barney with a 97 m.p.h heater.

With Tommy Layne taking over on the mound, Josh Donaldson flied out. Edwin Encarnacion then walked to bring in a run. Pinch-hitter Dioner Navarro's bloop to centre-field made it 7-5. Barney was tagged out at the plate when Russell Martin grounded into a forceout.

Troy Tulowitzki, the last roll of a dice, was caught on a good catch in foul territory to end a game that lasted three hours 20 minutes.

THE ASSOCIATED PRESS

IN BRIEF

U.S. add Bubba as vice captain for Ryder Cup

Bubba Watson will be at the Ryder Cup, even if it's not exactly the way he hoped.

U.S. captain Davis Love III announced Monday that Watson has been added to the team as a fifth vice captain. The two-time Masters champion and seventh-ranked player in the world competed as a player on the last three U.S. squads, and said at the start of the year that his goal was to play in the Olympics and the Ryder Cup. THE ASSOCIATED PRESS

Former Cowboy Hardy arrested on cocaine charge

Former Dallas defensive end Greg Hardy, who remains unsigned after a tumultuous 2015 season revolving around his domestic violence case in North Carolina, was arrested on a cocaine possession charge in Texas.

Hardy was booked early Monday and later released on \$5,000 bond in a Dallas suburb on a charge of possession of a controlled substance of less than one gram, jail spokesman Tim Weed said. THE ASSOCIATED PRESS

RECIPE Roasted Cauliflower Salad



PHOTO: MAYA WISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

• salt and pepper

Directions

1. Preheat oven to 350 degrees.
2. Toss cauliflower florets in a bit of olive oil, salt and pepper. Pour into shallow roasting pan and place in oven for about 30 minutes. Turn and toss once or twice.
3. Remove from the oven and allow to cool.
4. In a jar, place oil, vinegar, shallots and salt and pepper and shake.
5. Dress your lettuce lightly in the dressing and arrange in a bowl or on a platter. Drizzle some dressing over the cauliflower and toss.
6. Arrange the dressed cauliflower on the lettuce. Sprinkle nuts on top.

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Cook time: 10 minutes
Serves 4

Ingredients

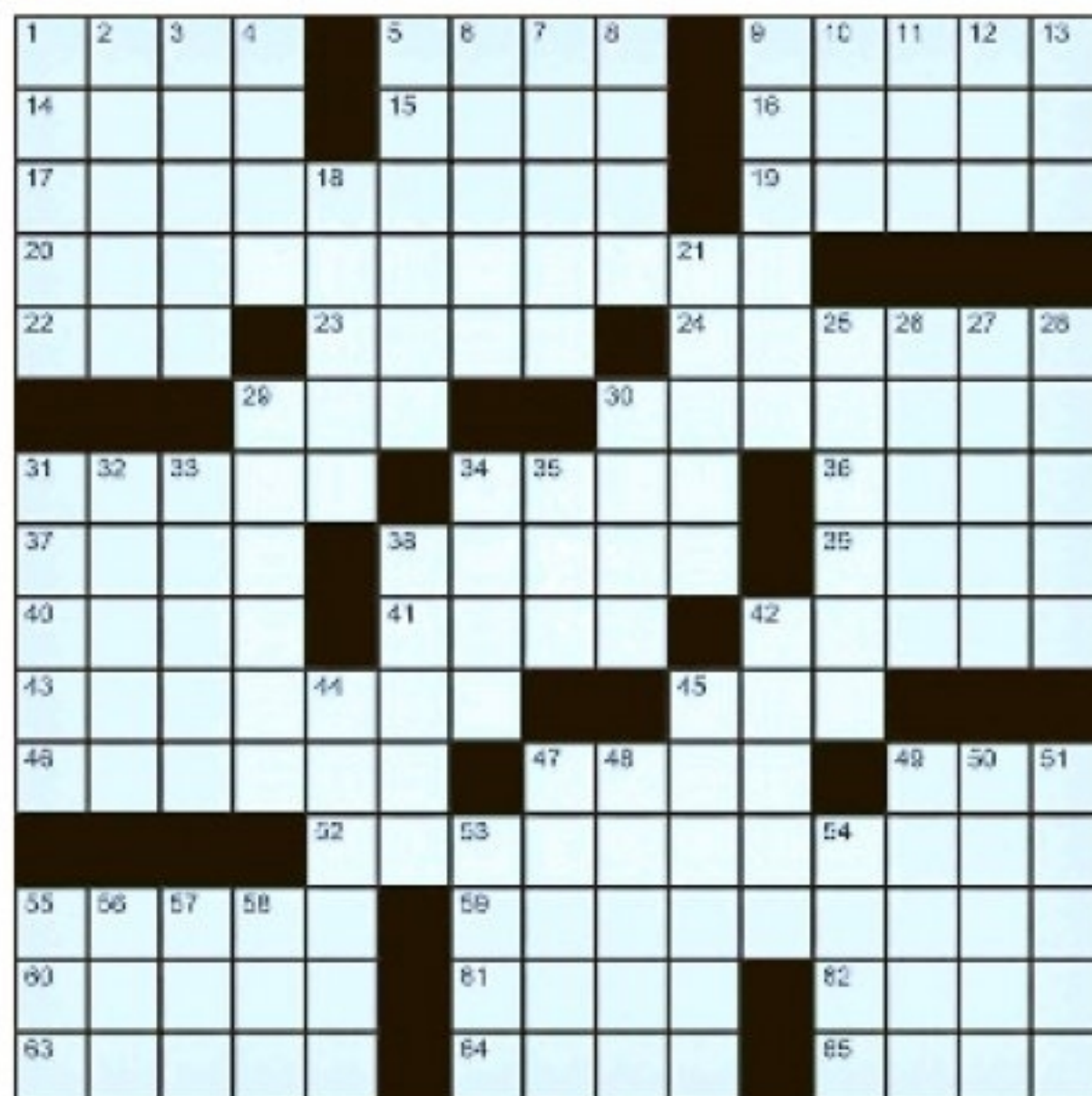
- 1 head of cauliflower cleaned and cut into small florets
- 1 head romaine lettuce cleaned and cut into thin strips
- 6 or 7 leaves of radicchio cleaned and cut into thin strips
- 1/2 cup extra virgin olive oil
- 1/4 cup red or white wine vinegar
- 2 shallots minced
- handful of hazelnuts roughly chopped

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Chesterfield
5. Lament loudly
9. Earthy pigment
14. Mr. Sandler
15. Prefix meaning 'Self'
16. Easily duped
17. Practicing performer
19. Short-tailed weasel
20. Penticton, British Columbia born actress who won a Tony Award in 1972 for her performance in the Stephen Sondheim stage musical *Follies*: 2 wds.
22. The Family Stone's star
23. Podium
24. The very start
29. Cry from a kitten
30. Domed building lobby
31. Raised flatlands
34. Mister Ed's pace
36. Film __ (Movie genre)
37. Cut
38. Party beverage in a large bowl
39. Ms. de Matteo
40. Pro __ (In proportion)
41. Thin wood strip
42. Salad green
43. Cacophony
45. __ Na Na
46. Ranch animals
47. "...or to take arms against __ of troubles..." - Hamlet
49. ABBA song
52. Canadian band with the 1986 tune "Me, Myself & I": 2 wds.
55. Papa __ (Rock



- band)
59. Most sparkly
60. Boredom
61. Charles __, Officer Renko portrayer on '80s police series "Hill Street Blues"
62. Prude
63. Like well-worn denim

64. __ Christie (Eugene O'Neill play)
65. Casino game

DOWN

1. Ms. Gilbert's of "The Talk"
2. Nancy of "Entertainment Tonight"

3. "Lost" actor, Jeff __
4. 'Travelers Cheques' co.
5. Poland's capital
6. Also, in Montreal
7. Particulars
8. Ms. Loughlin of "Full House"
9. Like an ajar door

10. Front door floor piece
11. Prefix to 'hazard'
12. Movies actress Ms. Mendes
13. Soak flax
18. White House staff
21. Comb's one-of-some

25. Arctic's treeless expanse
26. SnooZZze
27. Ms. Falco's
28. Ms. Reid, and namesakes
29. Nova Scotia: Isle __ (Island off Cape Breton)
30. Full-bodied, as flavour
31. Singer Mr. Anthony, and namesakes
32. Glorify
33. Bristly hairs
34. Thickening gum
35. Sandy mound bug
38. Lavish
42. My Name Is Asher Lev novelist Mr. Potok
44. Type of flower
45. "Just Another Day" singer Jon
47. Edgar __ Poe
48. Coil of yarn
49. Vista
50. "The Price Is Right" announcer, Johnny __ (b.1910 - d.1985)
51. Brief-but-heated fight
53. Title in Turkey
54. Peril
55. TKO caller
56. __ mission
57. "Keep talking..."
58. Pool stick

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next six weeks, your ambition is aroused. This will help you to accomplish a lot; however, use caution during conflicts with bosses and co-workers.

Taurus April 21 - May 21
Your interest in intellectual ideas will grow in the next month. You will expand your personal beliefs. Travel will please you as well.

Gemini May 22 - June 21
Disputes about inheritances, shared property and debt are likely during the next six weeks. You will be successful in settling things the way you desire.

Cancer June 22 - July 23
Fiery Mars is opposite your sign for the next six weeks, creating tension between you and others. You want to put your cards on the table and tell it like it is!

Leo July 24 - Aug. 23
You can accomplish a lot in the next month because Mars will give you the energy to do so. However, you will want credit for what you do.

Virgo Aug. 24 - Sept. 23
Grab every opportunity for playful diversions during the next six weeks. Take a vacation. You will have lots of energy for physical sports.

Libra Sept. 24 - Oct. 23
Increased chaos and activity at home are likely during the next six weeks, perhaps due to renovations, redecorating projects or visiting guests. Handle this with patience and grace.

Scorpio Oct. 24 - Nov. 22
Your communication with others is strong in the coming month. You will have no trouble persuading people to agree with your ideas. (Don't be overbearing.)

Sagittarius Nov. 23 - Dec. 21
It will be easy to earn money in the next six weeks, because you have the energy to focus on this. Likewise, many of you will be spending a lot.

Capricorn Dec. 22 - Jan. 20
Fiery Mars will be in your sign for the next six weeks. This happens only once every two years. Get ready for lots of activity and hard work!

Aquarius Jan. 21 - Feb. 19
Behind-the-scenes work will appeal to you in the month ahead because you want to do something quietly, perhaps on your own. Be aware that someone might not agree with your choices.

Pisces Feb. 20 - March 20
Physical sports and competition will mark your activities for the next six weeks. This also is a good time to define your goals and actively pursue them.

CONCEPTIS SUDOKU by Dave Green

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